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Marie Martin
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The Mighty Quinners have spring in their step

London family organizes
run to aid the Brain Tumour
Foundation of Canada **PAGE 2**

Confusion, indecision as S. Korean ferry sank

Radio transcript shows
chaotic situation may have
added to the death toll **PAGE 5**

Rubin 'Hurricane' Carter dies

Boxer turned activist after
being wrongfully convicted
of a triple murder, spending
nearly 20 years in jail **PAGE 6**

Runners shipping down to Boston

118th marathon. 53
Londoners entered
in race this year; last
year two bombs killed
three, injured 260



DAVE
LANGFORD
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John Ferguson has led the Runners' Choice marathon running clinics in London for the past 25 years.

This year, he's put about 30 runners through their paces, preparing them for the 118th Boston Marathon on Monday. They're part of a 53-person London contingent heading to Boston.

But this year is different. Last year's event took care of that, with two deadly bombs killing three and injuring at

least 260 people at the finish line.

"I think we all kind of took this personally," Ferguson said. "Boston is kind of a big deal for us. It's kind of the grandfather of all the marathons."

"As sports fans, we kind of love Boston for the running community and for all the sports teams. And someone kind of interfered with something that should be a joyous occasion."

But that hasn't stopped Londoners from returning this year or entering the race for the first time.

Jen Vording, 34, will be running in her first Boston and second marathon ever.

"It's unfortunate the tragic circumstances that's making this year have so much hype and excitement, but I think at this point all runners are coming together to do what we can do for the community

of Boston."

Dave Stollar, 60, missed last year because of an injury, but he is now anxious to compete in his ninth Boston and 29th marathon overall. He has prepared himself for what promises to be an excess of security.

"If anything, they're going to have more security than you can imagine," Stollar said. "It's going to be very, very difficult for that kind of thing to occur. As much as it will inconvenience a lot of people, they are doing it for the right reasons."

Stollar said that three weeks after last year's tragedy, close to 400 London runners gathered in Springbank Park, decked themselves out in Boston Strong shirts and ran five kilometres together.

"It's a very tight-knit community and we certainly won't let the bad guys stop us from doing what we passionately believe in."

Quoted

"There is a lot of negativity in the world and there are a lot of attitude issues — perhaps some of the negativity is justified — but Boston is a sea of positive attitude, positive energy. It's a haven for can-do attitude ... We are looking at people who are removing limits and getting out there to do something that for them is a truly amazing accomplishment ... I want to go to be part of the collective preservation of that and I want to go partly to celebrate the fact that the Boston Marathon is back, it is strong and it has recovered from this crazy, impossible-to-understand terrorist attack and collectively we're saying we're going to preserve what Boston is and terrorism is not going to get in anybody's way."

John DePutter, 60, of London, days before his third Boston Marathon



From left, Jen Vording, John DePutter and Dave Stollar are just three of a London contingent of 53 runners who will be competing in the Boston Marathon on Monday. MIKE DONACHIE/METRO

Family springs into action for good cause

Mighty Quinners.

Help for brain tumour research and patients



MIKE DONACHIE
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The Reehill family are getting ready to run, and it's for a cause close to their hearts.

They're leading a team of family and friends in London's Spring Sprint, in aid of the Brain Tumour Foundation of Canada, and it's their way of giving back.

Back in 2009, John and Amy Reehill were told their daughter Quinn, who was only 18 months old, had a brain tumour. It came after they'd noticed she wasn't developing as quickly as they might have expected, with things like walking and talking, but their family doctor said Quinn was just "a late bloomer".

But medical investigations, which led to an MRI scan of her brain, eventually led to a diagnosis of a brain tumour.

Now, after three surgeries, chemotherapy, physio, other treatment and countless hours of worry, Quinn, who's now six, is coming along fine.

"It was really just healing in her own time," said Amy. "She was almost three when she was walking. She's still catching up, for sure.

"She's on par for some things with her peers but there's certainly lots of gaps, and because of that we're learning about how she's going to learn.

"She has some challenges, but when we look at her and



The Reehill family: Dad John, mom Amy and kids Emerson, Quinn and Jack. MIKE DONACHIE/METRO

talk to her, you'd think she's just a regular six-year-old."

The Reehills, calling themselves The Mighty Quinners, are now recruiting friends and family for the run, which helps research into brain tumours and supports patients.

Spring Sprint

- Fundraising runs for the Brain Tumour Foundation of Canada are taking place across the country.
- London's contribution is on Saturday, April 26, in Springbank Park.
- The run starts at 9 a.m. To register, visit springsprint.ca.

Arrested. Four people charged following break-in, car theft: Police

Four people are facing charges after police say a home was broken into and a car was stolen.

Police were called to Forest Lawn Avenue on Tuesday for a report of suspicious men hanging around a home while the occupants were away on vacation. Two men — Shane

Campbell, 26, and Terry Elliott, 40 — were arrested as they left the residence.

Shortly after the arrest, officers located the vehicle in a parking lot on Toulon Crescent with two additional males inside. Both — Ronald Towle, 31, and Wayne Wise, 47 — were arrested. **METRO**

Environment

Green efforts receive funding support

The Ontario Trillium Foundation has supported environmental projects in Dorchester with a \$76,700 grant. It will support work with safeguarding and restoring the area's ecosystem, and educate people about water quality.

METRO

Tricar Group

London company recognized

London company the Tricar Group has been named Tarion's 2014 Ontario High Rise Builder of the Year.

The award recognizes excellence in customer service and Tricar is the first southwestern Ontario high rise builder to win it.

METRO

Speaker

Journalist Steve Paikin coming to town

The next speaker at the Canadian Club of London will be author and journalist Steve Paikin. The event is from 7:30 to 9 a.m. on Thursday, at the London Convention Centre. Visit canadiancluboflondon.ca for more information. **METRO**



Hundreds of chocolate-crazed kids get cracking in scramble for Easter eggs

Hundreds of kids showed what they were made of — that would be chocolate — at the Optimist Club Easter Egg Hunt at Boler Mountain on Saturday. MIKE DONACHIE/METRO

Dream Lottery

Act fast for your shot at VIP Draw

The deadline is looming to buy tickets for the Dream Lottery VIP Draw.

People who order tickets before midnight on Friday could win one of 10 Gordon's Gold Treasured Moments gift certificates worth \$1,000 each, and 3,000 two-packs of tickets for the Dream Lottery draw will also be given away.

"The VIP Draw-winning tickets will be eligible for all other draws," says Dream Lottery manager Shawn Peters. "That includes the final draw with the Ultimate Grand Prize choice between four amazing dream-home packages or \$1 million cash."

Full details — including tickets, prize lists and draw dates — are available at dreamitwinit.ca.

METRO

Jeans 'n Classics

New season to showcase music of Elton, ABBA, Sting

The 2014-15 season lineup for Jeans 'n Classics has been announced.

The current season ends with The Music of James Taylor at the London Convention Centre on May 31, and the next one begins on Oct. 4 with Back to Back: The Music of Elton John and Billy Joel.

Next, on Jan. 24, 2015, it's Every Breath You Take: The Music of Sting and the Police, followed by Dancing Queen: The Music of ABBA on April 25 of next year.

The events are run to raise money for Habitat For Humanity.

METRO

Police help keep lid on annual pot celebration

Where there's no smoke, there's no fire. About 100 people roll up to Victoria Park for peaceful, arrest-free '420' gathering



SCOTT TAYLOR

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Police were out in force Sunday, but any trouble they expected went up in smoke when the only person to light up a joint had a licence to chill.

Twenty-one-year-old Travis Wright was quickly joined by two of London's finest as the first few plumes of smoke escaped his lips, but he was just as quick on the draw with a medicinal marijuana licence.

About 100 people, including a dozen or so cops, descended on Victoria Park for the annual

420 celebration of marijuana and the right to smoke it.

As they did last year, police issued a warning that there would be zero tolerance for any illegal behaviour.

In a news release, police said, "It is a criminal offence to possess any amount of marijuana. The London Police Service will be present in Victoria Park and a zero-tolerance approach will be taken. Anyone found to be violating the law will be charged accordingly."

Activist Eric Shepperd said London is the only — or one of the few — Canadian municipalities to charge those who smoke pot on April 20.

"It's a ridiculous waste of police resources and as a taxpayer I'm offended," he said, adding he believes it's a foregone conclusion the pot laws will soon be changed.

London police Sgt. Alex Garrett said the gathering was peaceful, and no arrests were made.



Travis Wright, who has a medicinal marijuana licence, smokes a joint at the 420 event at Victoria Park on Sunday. SCOTT TAYLOR/METRO

Did you know **72%** of pain sufferers regularly have trouble sleeping?*



*Source: Data on file. Johnson & Johnson Inc. Analgesics Equity/U&A Research, 2010

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Former MMA fighter Bobbi Jo Dalziel, left, and Femme Force Fitness owner Emma O'Connor teamed up to teach women how to defend themselves during a two-hour hands-on course on Saturday. CONTRIBUTED

Local fighter wants to teach high school girls to fight back

Femme Force Fitness. Course teaches situational awareness along with self-defence



SCOTT TAYLOR

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After 50 women walked out of her gym feeling more confident about how to defend themselves, Femme Force Fitness owner and MMA fighter Emma O'Connor said she hopes to offer a similar self-defence course for high school girls.

O'Connor didn't know what to expect when she spread the word about last Saturday's two-hour class designed to teach women not

only how to fight off an attacker, but how to be more aware of their surroundings and potential vulnerability.

She said it went so well another one is in the works for her William Street gym sometime in the future.

"It wasn't just women who came to it," she said. "There were 11- and 12-year-olds who came with their parents and they had such eagerness to learn. It was phenomenal."

O'Connor talked about rape culture and situational awareness, while giving participants the opportunity to learn the basics of self-defence and hand-to-hand combat. She discussed how women and girls are still being told that they're part of the problem if they dress provocatively.

"Some people look at women and say it was their

Healthy trend

37%

Sexual assaults are down 37 per cent in London in the first quarter of 2014 compared to the same time period in 2013.

fault they got raped because they were dressed that way," she said.

"Two of my friends from the Sexual Assault Centre came in and they talked about how it's never our fault, we're never the ones to blame."

Part of the proceeds from Saturday's event was given to the Sexual Assault Centre.

Now O'Connor hopes to reach out to school boards to see if there would be interest in spreading the word to students.

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Confusion crippled evacuation of sinking ferry: Radio transcript

South Korea.
Anguished families
vent rage over
handling of crisis

The South Korean ferry that sank was crippled by confusion and indecision well after it began listing, a radio transcript released Sunday showed, suggesting the chaotic situation may have added to a death toll that could eventually exceed 300.

About 30 minutes after the Sewol began tilting, a crew member asked a marine traffic controller whether passengers would be rescued if they abandoned ship off South Korea's southern coast. The crew member posed the question three times in succession.

That followed several statements from the ship that people aboard could not move

and another in which someone declared that it was "impossible to broadcast" instructions.

Many people followed the captain's initial order to stay below deck, where it is feared they remain trapped. Fifty-eight bodies have been recovered, and about 240 people are still missing.

The confirmed death toll jumped over the weekend after divers finally found a way inside the sunken vessel and quickly discovered more than a dozen bodies. They had been hampered for days by strong currents, bad weather and low visibility.

Families of the missing are staying on Jindo Island, where information sheets taped to the walls of a gymnasium offered details to help identify any corpses, including gender, height, length of hair and clothing.

Anguished families, fearful they might be left without



A relative of a passenger who was on the sunken ferry Sewol looks toward the sea at a port in Jindo, south of Seoul, South Korea, Sunday. At least four dozen have been confirmed dead in the disaster. LEE JIN-MAN/THE ASSOCIATED PRESS

even their loved ones' bodies, vented rage Sunday over the government's handling of the crisis.

About 100 relatives at-

tempted a long protest march to the presidential Blue House in Seoul, about 400 kilometres to the north, saying they wanted to voice their complaints to

President Park Geun-hye. They walked for about six hours before police officers blocked a main road.

THE ASSOCIATED PRESS

Hampered rescue efforts

**240 people
still missing**

The ferry sank with 476 people on board, many of them students from the same high school. The cause is not yet known, but prosecutors have said the ship made a sharp turn before it began to list.

More than 170 people survived the sinking of the Sewol. Several crew members, including the captain, have been arrested on suspicion of negligence and abandoning passengers. The captain took more than half an hour to issue an evacuation order, which several passengers have said they never heard. THE ASSOCIATED PRESS

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HONDA

Activist 'Hurricane' Carter dies in Toronto at age 76

Wrongfully convicted of murder. Carter was immortalized in an iconic 1976 Bob Dylan song and a 1999 Norman Jewison film

Rubin "Hurricane" Carter, the former American boxer who became a tireless campaigner for the wrongfully convicted after spending almost 20 years in jail for a triple murder he denied committing, has died at his home in Toronto. He was 76.

His long-time friend and co-accused, John Artis, said Carter died in his sleep early Sunday morning after a lengthy battle with prostate cancer.

"It's a big loss to those who are in institutions that have been wrongfully convicted," said Artis.

"He dedicated the remainder of his life, once we were

released from prison, to fighting for the cause of those who have been wrongfully convicted."

Artis quit his job stateside and moved to Toronto to act as Carter's caregiver after his friend was diagnosed with cancer nearly three years ago.

During the final few months, as Carter's health took a turn for the worse, Artis said he had come to grips with the fact that he was dying.

"He tried to accomplish as much as he possibly could prior to his passing," Artis said of the man who founded the Association in Defence of the Wrongly Convicted.

"He didn't express very much about his legacy. That'll be established for itself through the results of his work. That's primarily what he was concerned about — his work," Artis said. "He was a very selfless person." Carter's family, including two daughters, are all in the U.S.

THE CANADIAN PRESS



Rubin "Hurricane" Carter holds his fist up and smiles as he and Joyce Milgard enter the court building in Winnipeg in 2003 for a hearing. The former American boxer was imprisoned nearly 20 years for three murders before the convictions were overturned. He died at his home in Toronto at age 76. RUTH BONNEVILLE/THE CANADIAN PRESS

Long fight outside the ring

Carter was convicted along with his friend John Artis of murdering three people in a New Jersey bar in 1966.

- Their convictions were overturned in 1975, but both were found guilty a second time.
- After serving 19 years, Carter was freed in 1985 when a federal judge overturned the second convictions.
- When he was freed in 1985, a U.S. judge ruled that the prosecution had conducted "an appeal to racism rather than reason, concealment rather than disclosure."
- Carter's personal writings and photos, are being donated to a Boston university.

Climbing on Everest halted; rescue work begins



Mother of Ang Kaji, a Sherpa killed in the avalanche. THE ASSOCIATED PRESS

Nepal's authorities temporarily halted climbing on Mount Everest while search teams dug through snow and ice Sunday for three Sherpa guides missing in the deadliest avalanche on the world's highest peak that killed 13 others.

A section of the route over the dreaded Khumbu Icefall, a climbing pass where the avalanche swept a group of guides early Friday, has totally collapsed and a new trail has to be dug, ropes fixed and aluminum ladders laid over the cre-

vasses before climbing can resume, said Ang Tshering of the Nepal Mountaineering Association.

Another group of Sherpas, who had already passed before the avalanche struck, were stranded on the other side and would only be able to get back to base camp once the new route is fixed, Tshering said.

Despite losing so many guides, there were no plans by expedition teams to abandon their attempt to climb the peak next month, he said.

Maddhu Sunan Burlakoti, head of the Nepalese government's mountaineering department, said that the search for the missing three climbers resumed Sunday. They were among 25 Sherpa guides hauling gear to the higher camps that their foreign clients would use in attempting to reach the summit next month.

One of the survivors said that the path had been unstable just before the snow slide hit near 5,800 metres.

THE ASSOCIATED PRESS

Searchers were nearby

As soon as the avalanche occurred, rescuers, guides and climbers rushed to help, and all other climbing was suspended.

- Hundreds of climbers and guides had been at Everest's base camp preparing to climb the 8,850-metre peak next month when weather conditions are best.

Mexico City

Plane crashes in fog killing eight

A private plane crashed in northern Mexico City, Sunday, killing all eight people on board. Civil Protection official Francisco Contreras says the Hawker 800 luxury jet slammed into the roof of a warehouse as it approached the airport in

foggy conditions in Saltillo.

It burst into flames, crashed into the ground and broke into pieces that scattered over 400 metres. On board were the two pilots, two married couples, the 10-year-old son of one couple and a woman.

The cause of the crash is not known, but Contreras said the thick fog contributed. THE ASSOCIATED PRESS

Kuala Lumpur

Malaysia Airlines jet lands with burst tire; all safe

A Malaysia Airlines flight heading to India with 166 people aboard made an emergency landing in Kuala Lumpur early Monday after it was forced to turn back when a tire burst upon

takeoff, the airline said. They said Flight 192 to Bangalore in southern India landed safely at Kuala Lumpur International Airport at 1:56 a.m. Monday, about four hours after it departed. The airline initially said the right landing gear of the Boeing 737-800 malfunctioned but later said the problem was caused by a burst tire. THE ASSOCIATED PRESS

Vancouver to Edmonton

Air Canada flight passengers warned of measles

Health officials in Edmonton are warning passengers who arrived in the city on a flight from Vancouver this month that they may have been exposed to measles.

The warning further

extends to anyone who was in Edmonton International Airport during the hours immediately after the Air Canada plane landed at 9:35 p.m. on April 9. Alberta Health Services issued a news release stating that passengers and crew on Air Canada Flight 248 may have been exposed along with people at the airport.

THE CANADIAN PRESS

Space agency's new president outlines future goals for Canada

CSA. Walt Natynczyk says he wants to put another Canadian in the International Space Station

The head of the Canadian Space Agency, a former top general, insists his appointment as president last August does not signal the militarization of the federal department.

"I have to support the mandate that the Government of Canada has given the space agency and that is the peaceful use of space and it doesn't change whatsoever," Walt Natynczyk said. "We're very much in accordance with the Canadian Space Act, which is that the space agency is created for the peaceful uses of space."

Worth noting is that Canada now has Sapphire, a military satellite in orbit and its mission is to support Canadian and international mil-

itary operations.

Natynczyk took over as president on Aug. 6, 2013. He replaced former astronaut Steve MacLean.

He also indicated he is not jumping at the possibility of Canada taking part in a U.S. plan to send astronauts to visit an asteroid.

Natynczyk said one of his key areas of interest is to get another Canadian astronaut to visit the International Space Station.

CSA officials have said in

the past that the next Canadian will travel to the orbiting space laboratory somewhere between 2016 and 2019.

Ron Holdway, a space consultant, says he's impressed with Natynczyk's performance eight months into the job.

Holdway said Natynczyk brings "an enormous skill to the space agency as a leader."

"Everything I see going on in Ottawa suggests the government has confidence in him so far," said Holdway.

THE CANADIAN PRESS



Walt Natynczyk, president of the Canadian Space Agency, speaks to Montreal Council on International Relations. RYAN REMIOWZ/THE CANADIAN PRESS

Pennsylvania

Miss America to the rescue

Miss America is asking a Pennsylvania school district to reconsider the punishment of a high school senior who asked her to be his prom date.

The York Dispatch newspaper reported Sunday that Nina Davuluri posted a statement on the Miss America Organization's Facebook page saying she contacted Central York High School to ask officials to rethink a suspension issued to 18-year-old Patrick Farves.

School officials say Farves was suspended for misbehaving. Davuluri says her travel schedule will prevent her from attending the dance with Farves.

THE ASSOCIATED PRESS

U.S. Navy

Research aims to fix sailors' sleep

The U.S. Navy has endorsed changes to submarine sailors' schedules based on research into sleep patterns by a military laboratory in Connecticut.

With no sunlight to tell day from night on a submarine, the Navy has staggered sailors' working hours on schedules with little resemblance to life above the ocean. But the scientists at the Naval Submarine Medical Research Laboratory concluded submarine sailors show less fatigue on a 24-hour schedule.

THE ASSOCIATED PRESS



Prince George's newest Australian friend

Britain's Kate, the Duchess of Cambridge, and her husband Prince William watch as their son Prince George looks at an Australian animal called a bilby, which has been named after the young prince, during a visit to Sydney's Taronga Zoo in Australia on Sunday. Australian bilbies, an endangered species, are known by their long muzzles and very long ears. DAVID GRAY/THE ASSOCIATED PRESS

Science. New species of carnivorous sponges discovered in the Pacific

They look like fuzzy fingers, waving gently from the depths of the ocean floor, but make no mistake — they're stone cold killers.

Scientists have discovered four new species of carnivorous sponge off the Pacific Coast, including one deadly variety found hanging from the deep-sea ridges off southern Vancouver Island.

Fortunately, these killers are about the size of a piece of spaghetti and they feed only on the tiny, shrimp-like amphipods and copepods that drift through the sea.

"Sponges characteristically feed on small particles, like bacteria, little tiny guys," said Henry Reiswig, a retired professor of biology at McGill University.

These meat eaters have been described as the Venus fly traps of the deep sea, a "truly extraordinary species," wrote



Close-up view of one of four new species of carnivorous sponges. HO-MBARI/THE ASSOCIATED PRESS

Lonny Lundsten, the lead author of an article published in the scientific journal Zootaxa.

Their meat-eating ways are believed to be an adaptation to the nutrient-poor environs of the deep sea.

So far, they've only been found in very deep water ranging from 600 to 3400 metres offshore. But we now know there are at least 11 species found in the northeast Pacific, Reiswig said. THE CANADIAN PRESS

Netherlands. Wildfire destroys national park

A large wildfire destroyed at least 1,300 acres in the Netherlands' Hoge Veluwe National Park on Sunday, one of the worst fires seen for decades, Dutch authorities said.

No injuries have been reported, according to Mayor Cees van der Knaap of the municipality of Ede, 65 kilometres east of Amsterdam.

Military helicopters and firefighters from surrounding provinces have been summoned to assist in combating the fire, which has been difficult to control because of strong winds.

The park is home to the Kröller-Müller Museum, which houses a major collection of Impressionist art and 20th-century sculpture. Around 2,000 visitors were instructed to leave the park after the fire broke out around midday, and the museum was closed.

THE ASSOCIATED PRESS

Russia blames shootout on Ukrainian nationalists

Eastern Ukraine. At least three dead after men drove up to a checkpoint guarded by pro-Russian insurgents Easter morning and opened fire

Within hours of an Easter morning shootout at a checkpoint manned by pro-Russia insurgents in eastern Ukraine, Russia's Foreign Ministry issued a statement blaming militant Ukrainian nationalists, and Russian state television stations aired pictures of supposed proof of their involvement in the attack that left at least three people dead.

The Ukrainian Security Service, however, said the attack was staged by provocateurs from outside the country. And the presented evidence — particularly a pristine business card said to have been left behind by the attackers —

was met with widespread ridicule in Ukraine, where it soon had its own Twitter hashtag.

The armed clash early Sunday near the city of Sloviansk appeared to be the first since an international agreement was reached last week in Geneva to ease tensions in eastern Ukraine, where armed pro-Russia activists have seized government buildings in at least 10 cities.

Ukraine's new leaders and many in the West fear that such clashes could provide a pretext for Russia to seize more Ukrainian territory.

Russia, which annexed the Crimean Peninsula last month, has tens of thousands of troops along its border with Ukraine.

Russian officials, including President Vladimir Putin, originally said the troops were there for military exercises, but Putin's spokesman on Saturday acknowledged that some were there because of instability in eastern Ukraine. **THE ASSOCIATED PRESS**



A pro-Russia activist sets a Trinity Orthodox icon atop of barricades in Sloviansk, Ukraine, on Saturday. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

Assad gains propaganda victory

Syria's embattled president marked Easter with a tour Sunday of an ancient Christian village recently recaptured by his forces, an important symbolic prize for his government ahead of coming presidential elections he appears poised to contest.

President Bashar Assad's visit to Maaloula, some 60 kilometres northeast of Damascus, serves as a propaganda victory for his government in its quest to be seen as protector of religious minorities as Syria's civil war grinds on.

Meanwhile, questions continue to swirl about allegations of recent poison gas attacks in the country, with French officials saying Sunday there were indications that Assad's forces were behind them.

Rebels, including fighters from the al-Qaida-affiliated Nusra Front, seized Maaloula several times late last year, most recently in December, but government troops swept through the village on Monday, sending rebel fighters

fleeing to nearby hills.

Despite damage to holy sites in the village, Assad told Syrian state television that "Maaloula will remain steadfast in the face of barbarism of all those who are targeting the homeland."

"Nobody, regardless of the extent of their terror, can erase our cultural and human history," the state news agency quoted Assad as saying as he surveyed damage to the Mar Takla Greek Orthodox monastery in the village.

Assad promised to defend Christians — who make up about 10 per cent of Syria's pre-war population of 23 million — and protect churches that he said were part of the country's cultural heritage. Syria's civil war has seen Islamic extremists and radical foreign fighters target Christians and their houses of worship.

Many of Syria's patchwork of minority Christian and Muslim faiths support Assad or have remained neutral, fearing for their fate should hard-line rebel groups seize power. **THE ASSOCIATED PRESS**

Held hostage in Syria

French journalists freed

Four French journalists held hostage in Syria for 10 months were released over the weekend, the latest batch of reporters to be freed in what has become the world's deadliest conflict for the media.

Edouard Elias, Didier Francois, Nicolas Henin and Pierre Torres are said to be in good health.

Soldiers on patrol found the four blindfolded and handcuffed in southeast Sanliurfa province late Friday. It wasn't clear whether a ransom had been paid for their release, nor which group in Syria's chaotic conflict held the men. In his statement, Hollande thanked "all those" who contributed to the journalists' release.



Nicolas Henin



Edouard Elias



Pierre Torres

ALL PHOTOS THE ASSOCIATED PRESS

Nigeria's capital. Terrorist group threatens more attacks after bombing

Islamic extremists Saturday claimed responsibility for the massive rush-hour explosion earlier this week that ripped through a busy bus station in Nigeria's capital, Abuja, killing at least 75 people and wounding 141.

"We are in your city, but you don't know where we are," Abubakar Shekau, leader of the Boko Haram terrorist network, says in a new video that threatens more attacks.

"Yes, we are the ones who carried out the attack in

Abuja," he says in the video, which was received through the same channels as previous ones.

Shekau makes no mention of the abductions of more than 100 girls and young women from a remote northeastern school hours after the bomb blast, also blamed on his fighters.

Officials say dozens of the girls have managed to escape, but 85 remain unaccounted for.

THE ASSOCIATED PRESS

Pakistan

Popular talk show host wounded in shooting

Police in Pakistan say gunmen have shot and wounded Hamid Mir, a famous television talk show host amid a wave of attacks on journalists in the country.

Senior police officer Pir

Mohammad Shah says a single gunman first opened fire on Mir's car, followed by others who chased him on motorcycles. Karachi police Chief Shahid Hayat said that Mir suffered three gunshot wounds to the stomach and the upper legs, but was expected to survive.

Last year, authorities found a bomb under Mir's car.

THE ASSOCIATED PRESS

Consumer rights

Silly General Mills, the right to sue is for everyone

General Mills is scrapping a controversial plan to strip consumers of their right to sue the food company.

The company, which owns several brands including Trix and its Silly Rabbit mascot, had posted a notice on its website notifying visitors of a change to its legal terms — visitors using its websites or engaging with it online in a variety of other ways meant they would have to give up their right to sue.

THE ASSOCIATED PRESS

Oil alternative

Doubts cast on the benefits of biofuels from corn

Biofuels made from the leftovers of harvested corn plants are worse than gasoline for global warming in the short term, a study shows, challenging the Obama administration's conclusions that they are a much cleaner oil alternative and will help combat climate change.

A \$500,000 US study paid for by the federal government and released Sunday in the peer-reviewed journal Nature Climate Change concludes that biofuels made with corn residue release seven per cent more greenhouse gases in the early years than conventional gasoline.

THE ASSOCIATED PRESS

Youth unemployment

Investing in apprenticeships worth it: Expert

A respected American labour specialist says governments, educators and employers should work together to boost the number of apprenticeships for young Canadians in a collaborative approach that would yield "significant payoffs."

Robert Lerman's report, commissioned by the Canadian Council of Chief Executives, says a comprehensive expansion of apprenticeships would provide young people with greater opportunities. THE CANADIAN PRESS



Americans in Paris have no amour for love locks

A newlywed couple rest on the Pont des Arts in Paris on Wednesday. A recent fad among travellers of hitching padlocks on bridges and at tourist attractions worldwide to symbolically immortalize their amorous attraction has swept up this reputed City of Love more than most. Now, two American-born women who live in Paris say they've had enough, launching a petition to try to get mostly laissez-faire city officials to step in and do something about what they call an unbearable eyesore in a majestic municipality. REMY DE LA MAUVINIÈRE/THE ASSOCIATED PRESS

Investing regrets? I've had a few



HOW TO ROLL
Alison Griffiths
metronews.ca

High on the list of life's regrets might be that margarita-inspired vacation tattoo you got with the name of a cabana boy or girl etched within it. Next comes investment regret.

Why didn't I buy Apple (AAPL-Q) five years ago at \$135 US? It's around \$515 now. And why am I still hanging on to Bombardier at a pitiful \$4, 14 years after buying it for \$26?

As U.S. market research firm Casey Research puts it so aptly: "The stock market is one giant roller coaster of regret for retail investors. Regret for not getting in, regret for getting in too late, regret for being left holding the bag."

Not even the experts are immune. A survey by ven-

turebeat.com discovered that 46 per cent of angel, or venture, capital investors rued the investments they made or didn't make in 2013.

Here is my regret list of stocks I should have bought five years ago.

1. Other tech. Sure, if you had bought Apple a decade ago at 12 bucks, your investment would be up a staggering 4,500 plus per cent. Missed that one. But I should also have paid attention to the tech service sector. It includes SanDisk (SNDK-N) and Salesforce.com (CRM-NYSE) — both up about 500 per cent.

2. Canadian Pacific (CP-T). I've long owned Canadian National and considered it superior to CP. However, since 2009, CP is up around 300 per cent compared to roughly 170 per cent for CN.

3. Tesla Motors, Inc. (TSLA-

N). Between 2010 and early 2013, Tesla was one of those great ideas that never produced a gain for investors at \$20 a share. Oh Lordy, how things changed. It is now up nearly 800 per cent. Darn!

4. Rogers Sugar Inc. (RSI-T). It hasn't been on most investors' radar, including mine. But this sweet company has maintained a nice dividend (now 5.7 per cent) all through turbulent times and the stock price is up 60 per cent since the recession.

5. Russel Metals Inc. (RUS-T). I've thought about buying this stock for years — and should have. Though pumelled by the recession and in an industry that seemed to be dying (think Dofasco and Stelco), this steel company has survived with a stock growth of more than 150 per cent in five years. The fat dividend of 5.4 per cent is a nice bonus.

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CAN WE MAKE 'TOUGHEST JOB' EASIER?

Call me a cynic if you'd like, but most of the viral videos I'm told will "move me" actually cause me to roll my eyes. Or groan. I'll admit, I got weak in the knees for Susan Boyle's rendition of I Dreamed a Dream back in 2009. But these days, I go in quite skeptical for videos claiming to be "powerful," and I usually come out underwhelmed.

So it was last week when my Facebook was all atwitter about a viral video called "World's Toughest Job." If you haven't seen it (over 14 million people have), the four-minute video features a job interviewer speaking to a number of "applicants," one-on-one via webcam, describing the position of "director of operations." In the end, though, we find out it's not an interview at all.

Instead, after detailing what he calls "probably the most important job," and outlining the demanding requirements, including a 135-hour weeks, standing up almost all the time, and constant physical exertion (with no breaks,



URBAN COMPASS
Todd Devlin
london@metronews.ca

no vacations, and a salary of \$0), the interviewer flashes a smile and offers the gotcha moment:

"What if I told you there's someone that actually currently holds this position right now?" he says. "Billions of people, actually: Moms."

That was the moment I was supposed to be "moved." I wasn't. But I wouldn't hold it against anyone who was. The underlying message is a good one: Moms deserve appreciation for a job that, by all accounts, is very difficult. In fact, Mom, if you're reading this, I'd like to say thanks for the job that you did. Listen, people, call your mom. That's the takeaway here.

But wait, the video says there's something else you can do. You can buy your mom a Mother's Day card! Incidentally, you can get that card from ... wait for it ... the company that created the advertisement. That's right, altruistic dreamers, the whole thing is an ad for American Greetings.

So excuse me for leaving with a bad taste in my mouth and feeling manipulated after realizing, yet again, that it ain't love that makes this world go round. It's good old capitalism. And what better way to make a buck than from commercialized holidays like Mother's Day?

Of course, Mother's Day should actually serve as a simple reminder that showing appreciation for your mom should be a year-round thing. If you need a greeting card company to tell you that, there's a problem.

But what about things our government could do to actually help ease the demanding job of motherhood? Greater access to affordable childcare would be nice. Or how about raising the minimum wage so that mothers don't have to work multiple jobs just to make ends meet (while losing out on valuable time with their children)? If motherhood is the hardest job in the world, shouldn't we be trying to take real steps to make the job less demanding?

Or I guess we could just send a card. If so, make it a Hallmark.

Follow Todd Devlin on
Twitter @UrbanCompassLdn



ZOOM

Picture playtime across the world



World tour of our children's toys

Playtime is often a private matter, but one photographer has managed to enter and reveal the world of children's toys. Gabriele Galimberti, 36, spent over two years visiting 58 countries to photograph kids with their most prized possessions. His photos are featured in his new book *Toy Stories*. **THE ASSOCIATED PRESS**

Q and A

Similarities and differences



GABRIELE GALIMBERTI
Photographer, 36,
from Arezzo, Italy

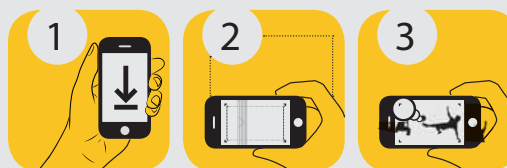
Did you discover anything new during the project?

I learnt that the poorer the country, the less possessive the children were of their toys. It was easier to work with them and gain their trust. But overall, I don't want to preach a lesson from my trips. My photographic series is simply about highlighting differences and similarities around our world.

GABRIELE GALIMBERTI/INSTITUTE

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 6 in News, page 11 in Scene, and page 17 in Sports.

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MetroTube



Safety irony



ANDREW FIFIELD
metronews.ca

Following last week's lesson in train safety from a selfie-taking fellow and an engineer's passing boot, we now have Connecticut Sen. Richard Blumenthal narrowly avoiding serious trouble while casually ignoring safety priorities as stated by a local mayor inches away.

Politicians certainly enjoy images of themselves riding public transit to polish populist credentials. But sitting comfortably on the subway surrounded by aide-enforced personal space doesn't quite reflect the average commute. Much like deciding to place your flimsy easel entirely within the yellow line doesn't suggest much previous experience with travel by rail.



COURTESY KHON2 NEWS

Ebooks



Creativity, Inc.

By. Ed Catmull & Amy Wallace

Kindle/iBooks/Kobo



MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

How Pixar learned from its private mishaps to earn a reputation for perfection is a fascinating journey recounted here by co-founder Ed Catmull. He puts you into their discussions and it's thrilling. An added section shares valuable lessons such as, "It's not the manager's job to prevent risks, it's the manager's job to make it safe for others to take them."

Literature

Author Alistair MacLeod dies at 77

Alistair MacLeod, the Prairie-born author who won one of the most lucrative literary prizes for his only novel, *No Great Mischief*, has died. MacLeod, known for his short stories, moved with his family to Cape Breton at age 10. It was there the images and themes that informed his work took hold. MacLeod had been in a Windsor, Ont., hospital since suffering a stroke in January. **THE CANADIAN PRESS**

Can't Deny It — hip hop Director X hits the mark

Video maker. Learning to merge passion with the practical leads to influential style



RICHARD CROUSE
scene@metronews.ca

Music video maker Julien Christian Lutz is better known as Director X.

"I got Julien from my mom and dad," he writes on his website. X, he says, came from the streets.

One writer, however, suggests that the unusual name could stand for "Director Xtremely Good At Directing."

The in-demand Canadian-born helmer has worked with everyone from Jay-Z and Nicki Minaj to Rihanna and Drake. The key to his success, he says, is leading "an artist's life. You have to be as open as you can be to everything."

"You need to keep yourself inspired so you have to do whatever it is going to take to jog your creative brain, whether that be going to an art gallery or whatever."

His strong visual sense — he uses graphics and letterboxing in tricky and interesting ways — is his trademark, but X says his most influential video came about "from a bad edit the client didn't like. So I had to go in there and come up with something new."

To keep the people paying the bills happy he devised a picture-in-picture look for the Fabolous featuring Nate Dogg video *Can't Deny It*.



Music video maker Director X's strong visual sense is his trademark. GETTY IMAGES

"It was really kind of cool and got taken on by hip hop in general," he says. "It shook up the norm of what was happening in the genre. It became its own thing. After that, everyone did it. That was a really good moment where the ripples were felt from a piece of my work. I loved it. Imitation is the sincerest form of flattery. People inside the game know where it comes from, so any time someone copies you, it

flows back to you."

Today, whether it is a music video or a commercial shoot — he's shot ads for Nintendo, Guinness and Burger King among many others — he's learned to listen to the customer.

"Some people have the idea that the client is always wrong, and if they weren't here everything would be better, but I have come to find that the client has an instinct."

Emergence Conference

On Tuesday, Director X will deliver the keynote speech at the Emerge Conference 2014, an initiative of the University of Guelph-Humber to encourage young professionals to embrace new technologies and networks.

- X says he hopes to "give some of the knowledge I've gained over the years, in front of the camera, behind the camera and how that filters into life itself." Other speakers include news anchor Christine Bentley, co-founder of BizMedia Dan Demsky, and Eric Alper, director of media relations and label acquisitions at eOne Music Canada.
- \$15 tickets for the day-long event are available at emergeconference.ca.

But he didn't always feel that way.

"You know everything when you're in your 20s, so you're passionate about how much you know and passionate about how wrong they are. It's definitely something that has to be learned. It would have been interesting if someone had come to me and explained that ahead of time, but I had to learn it like I had to learn it."

The busy filmmaker has gleaned many lessons along the way, but his life and work boil down to one simple statement: "I'm here to make art and express it."

2 SCENE

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Is Tom cruisin' with Laura?

MELINDA TAUB

Metro World News

Has Tom Cruise finally found happiness by dating within his own faith?

Mission: Impossible star Cruise is said to be dating Laura Prepon, star of Orange Is the New Black. Unlike his ex-wives, Prepon is also a Scientologist. According to Page Six, the set of OITNB is abuzz with the news that the two are courting.

Grazia reported last fall that Cruise had picked Prepon up in a vintage car for a romantic dinner at the Manor Hotel. At the time, Cruise's publicist said it



wasn't true, but according to Page Six, the pair have continued dating quietly while trying to keep the relationship out of the press.

Call me a foolish romantic, but I find it genuinely touching that Tom Cruise would try to keep his relationship with a woman out of the press. Maybe he's found true love at last. Just imagine the romance

that they could have. Long midnight audits, evenings on the Scientology yacht, double dates with David and Shelly Miscavige, wherever she is...

However, Cruise's rep continues to deny the relationship.

"They see each other at some functions, but they are not dating," a source told Us Weekly.

White House dashes dreams of non Beliebers

Bad news for all the folks looking to get Justin Bieber booted from the U.S. While the petition started in January asking the White House to deport the scandal-plagued singer earned an impressive 270,000 signatures, the effort was for naught. "Sorry to disappoint, but we won't be commenting on this one," a statement from the White House reads. "To avoid the appearance of improper influence, the White House may decline to address certain procurement, law enforcement, adjudicatory or similar matters properly within the jurisdiction of federal departments or agencies, federal courts or state and local government in its response to a petition." The initial petition stated that the signers "would like to see the dangerous, reckless, destructive and drug-abusing Justin Bieber deported and his green card revoked. He is not only threatening the safety of our people but he is a terrible influence on our nation's youth."

Stone shares threesome secrets with Vergara

Sofia Vergara was more than a little daunted by one scene in her new film, *Fading Gigolo*, that called for her to engage in a threesome with Sharon Stone and co-star and director John Turturro. "At the beginning, I was a little nervous because I've never done anything like this, not in real life or on camera, so it was a little nerve-racking," she tells CBS News. "When I arrived on set, Sharon



Sofia Vergara

was very supportive. She was very nice. She told me, 'Just follow me, I've done this many times, it's going to be fine, just relax.'"

Twitter



@Joan_Rivers

This year was tough. I lost my sister, my dog and my house. I lost more than Bernie Madoff, except everything was mine.



@tyrabanks

So U know when U are trying to tweet something but can't get it under 140 characters so U type & erase & type & erase but get annoyed & give



@WhitneyCummings

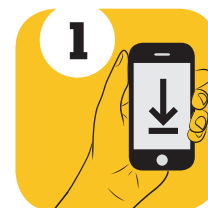
The internet is the new Playboy. everyone pretends we just read it for the articles

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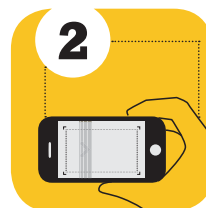
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Make this Buy Nothing Monday

End entitlement.
Few of us spoiled
Canadians can
distinguish wants
from true needs



**GAIL
VAZ-OXLADE**
Gail blogs daily at
gailvazoxlade.com

When I ask people why they buy stuff, they tell me it's because they need it, whatever "it" is. That's hardly ever true. Folks don't *need* most of the stuff they buy. They want it.

It's very easy to confuse needs with wants. You work hard and deserve nice things, right? Whether you're thinking about buying a big-ticket item (We need a vacation) or smaller, impulse purchases (I need a super-duper latte), your sense of entitlement can muddy the waters when it comes to what you want and what you really need.

I did a workshop last fall and my daughter Alex was along to help. A middle-aged woman couldn't get her budget to balance and Alex pointed to her \$200 a month cigarette habit. The woman said it was a need. Alex shook her head. "A need is something you must have to stay alive," she said. Seriously, if you can't balance your budget, what are you doing feeding your vices? People who are raised in a First World country like Canada may have a sense of entitlement simply



Hold up! Do you really need that massive flat screen TV? ISTOCK

because they have no idea how lucky they are. If you've never been hungry, never wondered where you would sleep, never had to go without shoes, then your sense of what is your due by rights may be askew.

If every winter your family went on vacation to a warmer clime, if every summer you went to camp, if each fall you started the new school year with a fresh wardrobe, why would you think you were entitled to any less as an adult?

This is a particular problem for people who were brought up in homes where they benefited from a higher income

than they currently enjoy. Even if you haven't got the income to support it, you have no idea why you can't have everything you want when you want it. That's entitlement!

People who watch a lot of TV, read flashy magazines and walk the malls have a sense of entitlement because they believe that everyone else has one, so they can have one, too.

But here's the rub: A lot of those people are going into debt to have the lifestyle you crave, so what you're craving isn't real. It's smoke and mirrors. Playing the keeping-up-with-the-Joneses game is stupid

at the best of times, but it's suicidal if you're doing it on credit.

If watching all that house porn is making you think you're perfectly lovely home needs to be renovated, turn off the TV. You won't die without granite countertops and a stainless steel fridge. And if hanging out with friends who are always going shopping is busting your budget, you're going to have to find some new friends if you're determined to live a real life.

If you don't believe me when I say that the culture is influencing our sense of entitlement, just look at the sizes of the houses we're living in now,

compared to 50 or 60 years ago. Back then people were having more kids, but living in houses far smaller than we're willing to settle for today. Unfortunately, as our expectations have gone up, our ability to pay for them has been seriously challenged. While we like to castigate the younger generation for their rampant sense of entitlement, it's not just a problem of youth and immaturity. Because we live in a society where public education is primarily free, we believe our children are so entitled to an education that they, and we, have to do very little for it. We feel entitled to a level of medical care for which we have very little appreciation. If we had to pay for our care, we might take our own health more seriously. So it's not just our young 'uns who feel entitled.

Have we become so addicted to having (instead of being) that we are no longer able to distinguish between needs and wants? Is acquisition of more stuff our new life's blood?

Here's a challenge. It's based on the concept of "buy nothing day," but is much more practical, personal and pointed. Pick one day of the week on which you will buy nothing. It doesn't really matter which day it is. Just pick a day and commit to buying nothing on that day. Buy Nothing Monday should be dead easy. Buy Nothing Saturday is for those who are more committed to testing themselves.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

3 TIPS

METRO CUSTOM PUBLISHING

Tax Talk



Need Advice?

Caroline Battista
Tax Analyst at H&R Block

H&R BLOCK

Unexpected tax bills, and getting a break for helping with housing

Q

I worked two jobs last year and now I owe money. I don't have the money to pay it. What should I do?

A

Unexpected tax bills are never a good thing. Employers only withhold tax based on what you earn with them – not income earned somewhere else. File your return by April 30 without the payment to avoid the 5% late-filing penalty and you will only have to worry about interest charges. Then contact the CRA and ask if you can arrange a payment schedule. The agency may agree to one if you have tried all other reasonable ways to get the funds including getting a loan. But they will require full disclosure of income, living expenses, assets and liabilities. It is always better to contact the CRA first rather than waiting to hear from them.

Q

I rent rooms to youth who need help so there is no profit. Do I need to report this income?

A

Fortunately, your good deed does not attract extra tax. If you are charging less than Fair Market Value for the rooms, you do not have to report the income on your tax return. However, you cannot claim any rental expenses since you would not have rental income to claim it against.

Visit hrblock.ca for a location near you

Money 101. Two couples, one year to make them richer

Well on the way to debt-free goals

I am working to improve the finances of two Canadian couples in 2014. Together, we are creating a plan for each to make serious progress on handling their finances and achieve their respective goals of becoming debt-free and owning a home. Follow along to take a peek inside their bank accounts. – Lesley-Anne Scorgie/For Metro



Anne-Marie and Peter inch closer to the birth of their first child. SHUTTERSTOCK



Carolina and Jose have set out on a journey to buy their first home. SHUTTERSTOCK

Anne-Marie and Peter



LESLEY-ANNE SCORGIE
For Metro

I had the pleasure of sitting down with Anne-Marie and Peter in late March. The couple shared their joy and excitement with me as they inch closer to the birth of their first child.

Over the month, they have steadily reduced their debt while proactively planning for the reduction in Anne-Marie's income once she is on maternity leave.

We discussed the importance of having a will that clearly indicates their custody and childcare preferences, and what should happen to their liabilities and assets in the event of disease or death.

Though no one likes to think about these horrible life catastrophes, it's irresponsible not to. The alternative is to have the courts dictate what happens to your children, possessions and liabilities.

On a more exciting note, after seven years with the same company, Peter is considering the possibility of a new, higher-paying and a job closer to home. He currently commutes a total of three hours per day, and knows

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 36 and 33
- Occupations: Broadcasting and sports editing
- Total household income: \$110,000
- Life stage: Expecting their first child in June
- Financial savvy: Medium —
- they use budgets to help guide spending, have some retirement savings, and are committed to paying off debt
- Top goals for 2014: Pay off debt, start a savings program for child's education and down payment on first home
- Homework from last month: Open tax-free savings accounts for emergency funds and file taxes

working in the city would result in at least a 15 per cent pay hike and a shorter commute.

Anne-Marie and Peter also presented me with their detailed RRSP statements so we could review their investments. Currently, they are invested in a low-risk preferred share mutual fund that was established in 2013 and has limited performance history. This month, I will be showing the couple how to adequately research their investment selections and develop specific questions to ask their banker prior to making any changes to their portfolios.

Homework

The couple filed their taxes.

Together, they received a return of \$2,065. Anne-Marie and Peter decided to split up their return as follows:

- Debt repayment: \$865
- Tax-free savings account to start an emergency fund: \$500 (they will continue to contribute \$100 each month after)
- Make a will: \$500
- Treat themselves to something fun: \$200

Anne-Marie and Peter's homework for next month is to find a lawyer and establish a will. They will learn to research investments. Peter is also looking for some freelance work.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Carolina and Jose

This past month has been an emotional and financial roller-coaster for Carolina and Jose.

You will recall their big news from last month — Jose's parents offered to provide the couple with a down payment to finally buy a home.

Carolina and Jose set out on the first-time homebuyers' journey with a trusted realtor and mortgage broker by their side. With their down payment, the value of home they can afford is approximately \$250,000; in Calgary, that places them in the suburban townhouse market.

They have started house hunting and two shocking issues have emerged.

First, what they can afford to buy isn't nearly as nice as Carolina had hoped, so I have been exploring affordable ways the couple could spruce up their future home while ultimately adding value to the property, including paint, fixtures, flooring, cabinet knobs and more.

The second shock is the townhome market is hot. Two weeks ago they put an offer on a place, but a competing higher offer quickly bumped them out of the competition.

Carolina and Jose recap

- Location: Calgary
- Ages: 33 and 31
- Occupations: Stay-at-home mom and roofing
- Total household income: \$55,000
- Life stage: Three daughters aged five, two and eight months
- Financial savvy: Medium to low — they established a budget, are frugal spenders, have no retirement savings, and are committed to paying off debt
- Top goals for 2014: Pay off debt, buy a house
- Homework from last month: File taxes and look for a home

Unfortunately, the joys of first-time homebuying have been somewhat overshadowed by Carolina and Jose's financial constraints. But they are committed to their search for a great home and know they will find one soon.

Transitioning to a positive note, the couple continues to operate on the monthly budget they established in January.

As planned, they are now out of the red and have money left over after each paycheque to put towards their savings. Armed with detailed financials on what their eventual mortgage will look like, they have proactively prepared a mock budget for when they ultim-

ately become homeowners.

Jose also continues to explore job opportunities, including staying with his employer, but securing a significant raise.

This month, the couple will focus on continuing their search for a home, file their taxes through a local tax professional, and create a plan for their expected tax return.

Homework

Caroline and Jose will house hunt, file taxes and plan for their expected tax return.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF RICH BY THIRTY, AND RICH BY FORTY. HER NEWEST BOOK, WELL-HEELED, HITS SHELVES THIS MONTH.

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Take a chance on a career that could

Startup your engines.
How to get noticed by a business that could soon go boom

ANDREA PARK

Metro World News

Everybody wants to be the next Mark Zuckerberg, and young job seekers are skipping big box corporations in lieu of hip, successful startups. Uncubed, produced by Wakefield Media, aims to streamline that process and make it fun.

The company just launched a job search function on its site and holds fun events to connect job seekers with the startup world's hottest companies, like Mashable, BuzzFeed and Seamless. Don't call it a career fair, though: These casual events feature puppies, dunk tanks and cold beers.

We talked to Wakefield co-founder Tarek Pertew and asked him for his top five tips

on landing your dream job at a startup.

Do your homework

Want to make a good first impression? Then do your research so you know how to talk shop. "Make sure you know what they're hiring for and what they're working on so when you approach them, you're fully equipped with that information," says Pertew. Pertew says there's one question that turns him off pretty quickly as an employer: "What does Wakefield do?" That's a red flag," he says. "You should do your homework if you're serious about working at a company."

Think outside the box

It's hard to stand out on a day when employers are meeting masses of jobseekers, but turning something into a conversation piece can make all the difference. "It can even be a business card — yours might have something a little different that extends the conversation or engages," says Pertew. "It's the same with a resumé. If you have



They may not need you at this very moment, but if you make sure you're remembered fondly, a future with the company is quite possible. ISTOCK

something different, it's a superficial way of separating yourself from the crowd." Of course, you'll have to match style with substance. Pertew says the most important thing is to do your research on companies and show that you can fit in with their work culture.

No openings? Try anyway

Never skip out on meeting someone from your dream company just because they haven't posted openings. If you really impress an employer, they may just create a job for you.

"One thing we hear a lot is, 'I really like this person and we're going to see if we can find an opportunity for him or her,'" says Pertew. "It goes back

Be patient

Your dream employer may not be in a position to offer you a job now, but they may be able to fit you in somewhere down the line.

- "Patience is absolutely a virtue," says Pertew. "A number of companies might say, 'You're cool, analytical and bright — we might have a position for you in a year.' Keep networking and

keep showing up. Develop a skill set they need," Pertew says it's never a bad idea to spend a couple of years developing a specialized skill (he used user experience design as an example) in order to have a more appealing resumé. "It's that sacrifice you make early on that will make a positive impact on the remainder of your life," he says.

to culture. They met a guy they really loved, so they're going to see where they can fit him."

Pitch ideas

Don't give unsolicited criticism, but offer up some cool ideas to your favourite companies.

"One of my favourite things is when someone gives us a laundry list of ideas they think we can use," says Pertew. "It gives you something to talk about during an interview, also." Listing good ideas helps

you express enthusiasm for the company and also shows potential employers your creative and critical thinking skills.

Just be careful how you word things: "The best way is maybe saying, 'You probably already thought of this, but have you ever thought of doing this?'" Pertew says even if the company has already thought of the idea, you're validating it, and if they haven't, you just may impress them with what you have to say.

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Turn your plate green



This Roasted Green Beans with Dried Apricots and Pecans recipe serves four. ROSE REISMAN

Green beans are a staple in most homes because they're so affordable and versatile.

But instead of just steaming them, roasting gives a richer flavour.

Green beans are jam-packed with nutrients including vitamins A, B complex, C, and K; and minerals iron, magnesium, manganese and potassium. They are also a great source of dietary fibre.

Feel free to substitute with asparagus or broccoli florets, baking just until tender.

Substitute other dried fruits — such as dried cranberries, raisins or dates — for the apricots.

1. Preheat the oven to 400 F. Line a baking sheet with foil and spray with vegetable oil. Place the green beans on the sheet and bake for 10 minutes or just until tender.

2. Add the olive oil, garlic, ginger, apricots, pecans and orange zest. Toss well and serve.

THE BEST OF ROSE REISMAN (WHITECAP

BOOKS) BY ROSE REISMAN

Ingredients

- 1 lb green beans, trimmed and cut in half
- 2 tsp olive oil
- 1/2 tsp finely chopped garlic
- 1/2 tsp finely chopped ginger
- 1/4 cup finely chopped dried apricots
- 3 tbsp toasted chopped pecans
- 1 tsp orange zest

MLB

Murphy clears Tribe from sweep

David Murphy hit a three-run double in the sixth inning and John Axford worked out of a bases-loaded jam in the ninth, lifting the Cleveland Indians to a 6-4 win over the Toronto Blue Jays on Sunday to avoid a series sweep.

Cleveland entered the sixth trailing 4-2, but reliever Aaron Loup (1-1) walked the bases loaded before Murphy delivered a line drive past third base that kicked off the stands and caromed into shallow left field, allowing all three runners to score.

THE ASSOCIATED PRESS

NBA playoffs

ESPN blamed for shot clock flub

The day after the Toronto Raptors were mocked for a much-maligned shot clock malfunction, a team official confirmed that an ESPN technician plugged into the same power source for the shot clocks, frying the power system.

THE CANADIAN PRESS



Scan this image with your Metro News app to see a photo gallery of the Raptors' playoff-opening loss to Brooklyn. THE CANADIAN PRESS



The Flyers' Jakub Voracek scores past Rangers goalie Henrik Lundqvist during their NHL playoff game in New York City on Sunday. PAUL BERESWILL/GETTY IMAGES

Flyers soar out of two-goal deficit

NHL playoffs. Philly's come-from-behind win evens first-round series

This win was three years in the making for backup goalie Ray Emery and the rest of the Philadelphia Flyers.

Emery stood in again for injured No. 1 netminder Steve Mason and made 31 saves to help the Flyers rally from an early two-goal deficit and beat the New York Rangers 4-2 on Sunday to even the first-round

playoff series.

The Flyers had lost nine straight at Madison Square Garden, including 4-1 in the series opener on Thursday, since their last win there on Feb. 20, 2011. Emery hadn't won a post-season game anywhere in exactly three years for Anaheim at Nashville.

"I try to stay even-keeled, whether it's going well or you don't get off to the start you want," the 31-year-old Emery said. "I play with a system in there, and I just kind of rely on that. I've had leads before and I've been down before so

it's just kind of a consistent approach."

Luke Schenn scored the go-ahead goal in the second period after Jakub Voracek and Jason Akeson got the Flyers even at 2. Wayne Simmonds sealed the win with a power-play, empty-net goal.

Now the Flyers head home, where they went 2-0 against the Rangers in the regular season. Game 3 is on Tuesday.

Martin St. Louis and Benoit Pouliot scored for New York, while goalie Henrik Lundqvist stopped 21 shots.

THE ASSOCIATED PRESS

Bruins, Wings tied at 1

Justin Florek and Reilly Smith scored in a three-minute span in the first period and the Boston Bruins evened their playoff series with a 4-1 win over the Detroit Red Wings in the Game 2 on Sunday.

- The Bruins had 18 shots in the first period after managing just 25 in the entire opener, which they lost 1-0.

Lightning's Williamson a double winner during all-star weekend

Garrett Williamson of the London Lightning was a two-time winner at the National Basketball League of Canada all-star weekend festivities in Charlottetown.

In addition, Lightning general manager Taylor Brown was named NBL executive of the year.

Williamson, a six-foot-six forward, was selected to the NBL's first all-star team as well as being named Canadian player of the year in

the three-year-old league. He played 52 games, averaging 18 points.

Williamson, who is from Philadelphia, played his college ball at St. Joseph's. His mother is from the Toronto area.

Other members of the first all-star team were Anthony Anderson, a guard from the St. John Mill Rats; Stefan Bonneau, a guard from the Windsor Express; Cedric Moodie, a guard from the Brampton A's;

and forward Antonio Ballard from the Island Storm.

Anderson, at five-foot-11, was also named the league's most valuable player. Coach-of-the-year honours went to Bill Jones of the league-champion Windsor Express.

Other London award winners were veteran Elvin Mims, named to the all-defensive team, and centre Jermaine Johnson, selected to the third-team all-star squad.

DAVE LANGFORD/METRO



Garrett Williamson METRO FILE

MLB. Kinsler keys Tigers' wacky win over Angels

Ian Kinsler took off toward second base and kept on going.

By the time the Los Angeles Angels finished throwing the ball all over Comerica Park, Kinsler had scored one of the wackiest runs he's ever been a part of.

"It was an unusual play," Kinsler said. "I've never seen it before."

Kinsler scored in the first inning when the Angels made three errors on one play, and



Ian Kinsler
GETTY IMAGES

the Detroit Tigers went on to beat Los Angeles 2-1 on Sunday. The Angels made another error in the sixth, helping Detroit score its second

run.

Rick Porcello pitched seven sharp innings for the Tigers.

THE ASSOCIATED PRESS

Formula One

Hamilton earns 4th victory in a row

Mercedes driver Lewis Hamilton captured his third straight Formula One race with ease on Sunday, leading from start to finish to win the Chinese Grand Prix.

Hamilton's teammate Nico Rosberg took second place — the third time in four races this season the pair have finished one-two.

THE ASSOCIATED PRESS

Premier League

Reds roll closer to elusive league title

Liverpool secured a return to the Champions League on Sunday — but there's a much bigger prize just around the corner.

The Premier League title race is starting to turn into a procession for the Reds after they beat Norwich 3-2 to move five points clear of Chelsea with three matches left. THE ASSOCIATED PRESS

Heat run down Bobcats



Bobcats forward Gerald Henderson defends against LeBron James during Game 1 of their first-round series on Sunday in Miami. MIKE EHLMANN/GETTY IMAGES

NBA playoffs. Jones' hot spell and usual suspects propel Miami to series-opening win

Each of the last two Miami championship runs has been highlighted by moments where a sharpshooter enters a game and immediately provides a surprise spark.

James Jones got his turn Sunday. And the lift he brought, combined with the expected playoff showings from LeBron James and Dwyane Wade, have the Heat off and running in these playoffs.

James scored 27 points, Wade added 23 and the Heat rode two big runs — one late in the first half, the other down the stretch — to beat the Charlotte Bobcats 99-88 in Game 1 of their Eastern Conference first-round series. Miami trailed for much of the first half, but rallied and has now topped Charlotte 17 straight times.

"We were flat to start," Heat coach Erik Spoelstra said. "I think our guys were just anx-

Game 1	
99	88
Heat	Bobcats

ious."

Game 2 of the best-of-seven series is Wednesday. Al Jefferson will be getting plenty of treatment until then.

Kemba Walker scored 20 points for the Bobcats, who started fast behind Jefferson — who was diagnosed with a strained left plantar fascia after a misstep in the first quarter, and got a pair of injections just to continue playing.

"We did some really good things today," Walker said. "We just have to keep executing throughout the game. We can't get rattled."

Jefferson still finished with 18 points and 10 rebounds, but, in what can't be a real exciting sign for Charlotte, he left the arena in a walking boot.

THE ASSOCIATED PRESS

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Horoscopes

Aries

March 21 - April 20

Major planets are at odds as the new week begins and you too will find it hard to get along with certain people. The important thing is that you don't take any of it too seriously because it will pass.

Taurus

April 21 - May 21

You will encounter more than one person today who you can't stand. The best way of dealing with such people is to pretend they don't exist.

Gemini

May 22 - June 21

The way you treat people now will determine how people treat you later on, so resist the urge to say or do anything that might turn them against you.

Cancer

June 22 - July 23

If you don't like what is going on around you, turn your back and walk away. Others may complain that you are abandoning responsibilities but your biggest responsibility is, was and always will be to your own peace of mind.

Leo

July 24 - Aug. 23

As Uranus, planet of changes, squares up to Pluto, planet of power, over the next 24 hours you will understand why it is wrong to try to force people to do things against their will, even in a good cause.

Virgo

Aug. 24 - Sept. 23

There is a chance you will fall out with someone in a position of authority today, and it could be messy. If it's not possible to stay out of their way promise, yourself that you won't react when they say something stupid.

Libra

Sept. 24 - Oct. 23

Today you will wade in where angels fear to tread and put the world right. Or maybe you'll make it even worse than before — but you will make an impression.

Scorpio

Oct. 24 - Nov. 22

You won't hesitate to hit back if someone does you wrong today but the problem is you may hit back at the wrong person. Think before you act and, if you do make a mistake, apologize profusely.

Sagittarius

Nov. 23 - Dec. 21

You are entitled to your opinions but you're not entitled to expect that others will agree. So long as you're OK with that, nothing much will go wrong. But if you can't accept alternative viewpoints, it could be a difficult day.

Capricorn

Dec. 22 - Jan. 20

If you've learned anything in recent months, it must be that throwing tantrums rarely, if ever, changes anything for the better. The best way to resolve differences is to charm.

Aquarius

Jan. 21 - Feb. 19

You may not be in the mood to make allowances for those who think and act more slowly than you but the planets warn you don't have a choice. Under no circumstances clash with authority figures.

Pisces

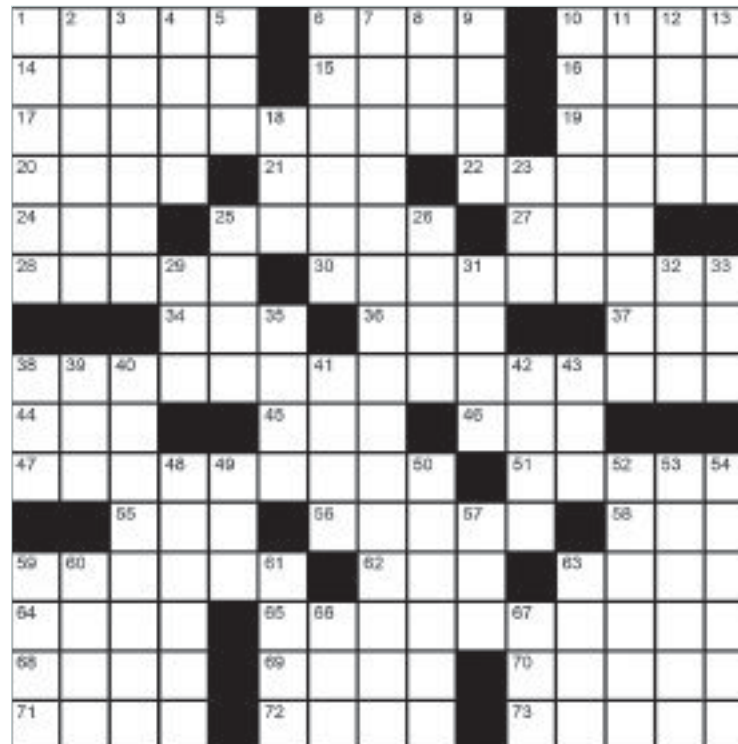
Feb. 20 - March 20

Decide what you want to do today then do it. You'll get a dirty looks from those who disagree with your aims but there's nothing they can do to stop you. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. ___ paper
6. Particular
10. German composer of the cantata "Carmina Burana": Carl ___ (b.1895 - d.1982)
14. That locale
15. Used a loom
16. 1722 Daniel Defoe book, ___ Flanders
17. The Band song: 3 wds.
19. Biblical birthright seller
20. Mr. Onassis, et al.
21. Rock producer Brian
22. Album for Canadian musician Sam Roberts: 'We Were Born in ___'
24. "___ Hot" by Alanis
25. Manfred ___ Earth Band
27. An elver is a young what?
28. Bother
30. Lululemon ___ (Canadian yoga-wear company)
34. Former
36. Quebec 'yes'
37. Dorval denial
38. Canuck working woofer: 2 wds.
44. "Pulp Fiction" (1994) name
45. Ruckus
46. Farm sound
47. Montreal's man-made island: Ile ___
51. Condescend
55. "I'm afraid!"



56. Slays
58. Philosopher, ___-tzu
59. Pupil coverer
62. Scot's 'no'
63. Social ___
64. ___ meridiem = a.m.
65. Manitoba: ___

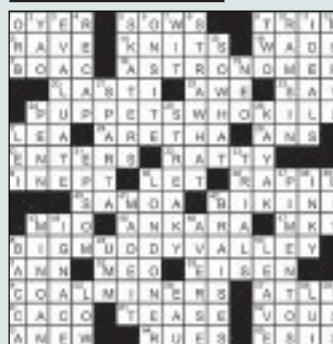
- Provincial Park
68. Bulk-carrying barge
69. "___ is me!" (Alas!)
70. Wedding ceremony 'lane'
71. Barn birds
72. Eva Green's role

- in "Casino Royale" (2006), Vesper ___
73. Go in **Down**
1. Layers combed for fossils
2. River Styx ferryman
3. Area
4. Fortifies

5. ___ coat
6. "All ___ Do" by Sheryl Crow
7. What the 'TD' of TD Canada Trust stands for
8. Ms. Longoria
9. Huge, hip-style
10. Folded-over frying

- pan serving
11. Village in central Alberta
12. Falsehood
13. Fireplace part
18. "Oh, give ___ home where the buffalo roam..."
23. Charge
25. Coldplay album: '___ Xyloto'
26. Synagogue
29. "Yeow!" in a comic book
31. Mr. Neeson
32. Dove's sound
33. Director Mr. Lee
35. Couplet
38. Convent person
39. Mr. Philips of stand-up
40. ___ Lakes National Park, in southwestern Alberta
41. Fargo, ___
42. Positive gestures
43. Jane or John
48. Keeps fresh, as wedding vows
49. Supplement
50. Jubilant
52. Most unwell
53. Charles de ___ Airport, in France
54. More knightly
57. Kathie ___ Gifford
59. Fives and Tens
60. Enough, for some
61. Missing from service, commonly
63. Goatee's site
66. Major travel rte.
67. Freelancer's encl. to an editor

Thursday's Crossword

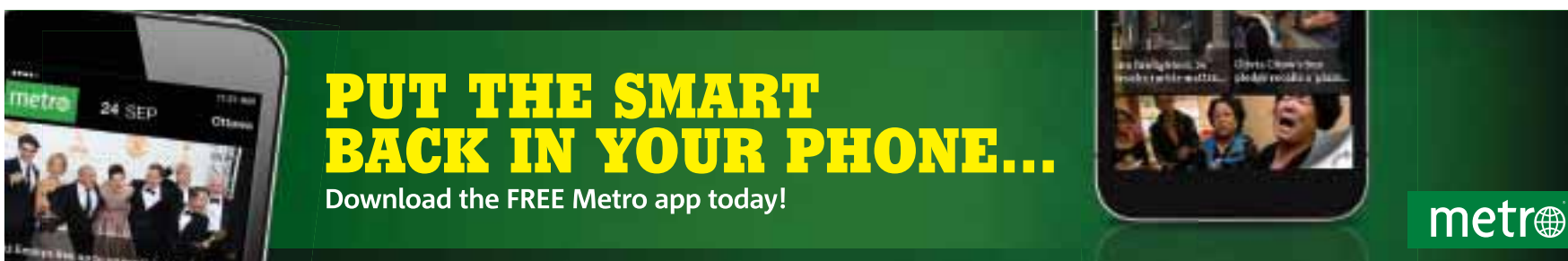
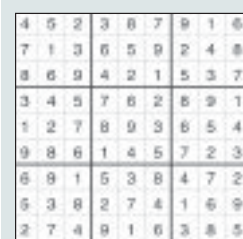


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Thursday's Sudoku



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